



**IN TOUCH WELLNESS**  
HEALTHY MINDS



Mental Health Wellness Retreats

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# Escape, Unplug & Reset

# Welcome

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A serene wellness retreat  
dedicated to revitalising  
your mind, body and soul.

Nestled in a tranquil setting, our retreat offers psychological well-being practitioners. Trained professionals help people with mental health issues such as stress, anxiety, and depression. Our workshops promote well-being and inner harmony and show ways to manage recovery. We provide a sanctuary to unwind, recharge and reconnect with yourself.



Attending a retreat  
will empower you  
to understand your  
triggers, enabling  
you to start the  
journey of your  
mental wellness





### Description

As someone who has suffered from depression, anxiety and stress from a lack of work and home balance, I became very ill with a bowel disease, which caused me to have a big operation and have my bowels removed. This significant part of my life encouraged me to train as a psychologist, offering support and workshops to help individuals with their mental health issues.

Attending a retreat will empower you to understand your triggers, enabling you to start the journey of your mental wellness with our mental health workshop and hypnotherapy inside the SAD (seasonal affective disorder) room. Our SAD lamps will leave you feeling active and full of life, ready to tackle anything. You will have the time and space to put yourself first and focus on your needs with a small group of like-minded people and professionals guiding you.

# What we offer

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## In Touch Wellness offers five products:

- 1. A free 20-minute webinar**  
This is a recording clients can watch at any time.
- 2. Weekly workshops**  
30-minute group sessions booked through Eventbrite. £8.88
- 3. Day retreat**  
Tickets are booked for £250 per day on the website. 10 am until 5 pm  
**This includes:**
  - Lunch, drinks and snacks
  - Workshop
  - Mindfulness guided walk
  - Full use of the facilities on-site
  - Day ticket does not include:
    - Breakfast
    - Evening hypnotherapy session
    - Dinner
    - Overnight accommodation
- 4. Three-night retreat**  
£895 per person. This information is included in the in-touch wellness information below.
- 5. One-to-one online psychological well-being appointment**  
£80 per session. This is an hour-long appointment with a psychologist discussing issues individually and working through a client treatment plan to support the agreed by both parties to understand the goals and objectives of the client's outcomes.



One retreat is  
the same as  
10 individual  
therapy sessions,  
saving money  
and time.

### What makes this retreat special

We have a team of psychologists to support your mental health while you enjoy the retreat, and we offer one-to-one sessions online when you return home as a complete package that supports you fully.

### Our promise to you

Confidentiality, safety, respect, value as an individual and time.

We have a stringent confidentiality policy; confidentiality will only be broken in severe matters (illegal activity, treason or severe harm.)

In a safe place, we have complete access and inclusive use of all the time and space to think and understand your needs and wants.

### Benefits

- The ideal place to unplug, slow down that fast pace and get back in touch with nature
- Be more relaxed and refreshed than you've ever been
- Become stronger mentally and find inner peace
- A chance to get away and step aside from all the hustle and bustle of city life
- Have a wonderful time learning a different practice than your own
- Drop out of "natural life" for a period
- The ideal location to unplug and enjoy the beauty of nature
- Quiet for the mind, refreshing energy for the body
- Give yourself some much-needed structure
- Rediscover yourself after too long of feeling disconnected





# Program

We want you to relax and unwind. Feel free to join in all the activities you wish or take a break and enjoy the grounds.

## Timetable

- 8 am morning meditation
- 9-10 am breakfast
- 11 am meditation walk in the countryside
- 12:30 - 1:30pm lunch
- 1:30pm mental health workshop
- 2:30pm break
- 3 pm mental health workshop
- 4:30pm free time
- 6 pm evening meal
- 7:30 meditation
- 8:30 free time

## Provided

- Breakfast
- Lunch
- Dinner
- Snacks
- Dairy-free
- Diabetic-friendly
- Gluten free
- Vegan
- Vegetarian



## Food

We serve traditional English food and can accommodate dietary needs; please let us know what you need before you arrive.

### Breakfast

- Cereals, toast, jam, sausage or bacon rolls and fruit
- Tea/coffee or cold drinks

### Lunch

- Jacket potato with fillings and salad
- Tea/coffee or cold drinks

### Evening Meal

- Roast dinner
- Tea/coffee or cold drinks



From meditation classes and our inside Sunroom, we provide a sanctuary for you to unwind, recharge, and reconnect with yourself.

## Accommodation

Marrington Estate, Shropshire, SY15 6DR

In the beautiful countryside of Shropshire, we stay in a fantastic 6-bed farmhouse with a Hot Tub and incredible views.

### Available Dates

Please visit our website [www.intouchwellness.co.uk](http://www.intouchwellness.co.uk) for information about our available dates.

### Price List

2 days/ 3 nights from £895 per person, payable deposit of £250 to book your place.



## Get in touch

Please feel free to contact us by phone or email. Or alternatively fill in the form on our website, and we will get back to you as soon as we can.

**Call:** 01952 482 802

**Email:** [Mandywebb@intouchwellness.co.uk](mailto:Mandywebb@intouchwellness.co.uk)

**Visit:** [www.intouchwellness.co.uk](http://www.intouchwellness.co.uk)